

6 TIPS FOR TALKING TO LOVED ONES

- 1 Know what to look for to recognize the signs of COPD in your loved one. Shortness of breath, wheezing or chronic cough could all be symptoms of COPD, a serious but treatable lung disease.
- 2 Talk with your loved one about things they may be missing out on, such as taking walks and playing with grandchildren, because of these symptoms.
- 3 Talk with them about how hard daily tasks like climbing stairs and grocery shopping have become for them and that this may be related to COPD.
- 4 Encourage your loved one to schedule a visit with the doctor. COPD can be diagnosed with a simple breathing test called spirometry. It's quick and painless – and worth it.
- 5 Once diagnosed with COPD, there are many ways that your loved one and their doctor can work together to manage the symptoms of the disease. Remind them that the earlier a person receives treatment, the better their chances to improve quality of life.
- 6 Offer resources to help your loved one. Read through the National Heart, Lung, and Blood Institute's *COPD Learn More Breathe Better* campaign Web site <http://COPD.nhlbi.nih.gov> with them to learn more about COPD and support group opportunities in their area.



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